

adductor/groin strain

what is an adductor/groin strain?

The adductor/groin muscles are located on the inside of the thigh. Adductor/groin strains can happen during vigorous directional changes, while running, sprinting and jumping. A strain typically occurs when a muscle is placed in a stretched position and then contracted forcefully in the opposite direction, resulting in a possible pull or tear in the muscle.

who is at risk?

- Children/adolescents who have participated in running, sprinting and jumping activities (i.e. football, soccer, track, gymnastics, dance, baseball, basketball, volleyball, etc.).
- Children/adolescents who have learned improper training techniques.
- Children/adolescents who have warmed-up improperly prior activity.

what are the symptoms?

- The child/adolescent will feel an initial sudden pain in the inside of the thigh.
- The child/adolescent might feel a tearing sensation in the inside thigh muscles.
- When the muscles cool down after activity, a gradual increase in pain, swelling and tightness can occur inside the thigh area.
- In severe cases, extreme pain, swelling and weakness on the inside of thigh will be immediate and the child/adolescent cannot continue the activity. Often, the child/adolescent will have difficulty walking.

what are the treatment options?

Conservative/non-surgical treatment:

- Rest from aggravating activities or “relative” rest.
- Ice the area after activity and when painful for 10 to 20 minutes up to once an hour. Elevation and compression of the inside of the thigh will assist with decreasing swelling/edema.
- Muscle stretching to improve flexibility.
 - Stretching should be done both before and after activity.
 - Concentrate on the adductors (inside of thigh) when stretching and active movement of the hip in all directions.
- If the condition does not improve, a referral to physical therapy to address pain, swelling, range of motion, flexibility, strength, gait, bracing and a return to sport training program will usually improve symptoms.
- A thigh/groin wrap can be beneficial to provide support.

Surgical treatment

- Not required.

what is the time frame for returning to activity/sport?

If the injury is severe enough to cause a limp lasting more than a day, then the patient will need two to four weeks of relative rest with a stretching/flexibility program prior to returning to activity.

what are the long-term side effects?

Recurrent injuries in the first few months are common, illustrating the need for ongoing flexibility training and use of proper warm-up techniques.

